EFFECT OF YOGIC PRACTICES WITH AND WITHOUT DIET MODIFICATIONS ON SELECTED RISK FACTORS AMONG OBESE COLLEGE MEN

A SYNOPSIS

Submitted by

A. ANNADURAI

(Reg. No. 6620024)

in partial fulfilment of the requirements for the Degree of

DOCTOR OF PHILOSOPHY

IN

YOGA

FACULTY OF YOGA SCIENCE AND THERAPY

MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH

(DEEMED TO BE UNIVERSITY)

CHENNAI-600 078

MAY 2024